



EPISODE 3 | DEATH AND THE REIKI MASTER

Arbetsblad

Words

emerge - reconciliation - facilitate - grapple

Questions on the content of the episode

1. What is an end of life doula?
2. Talia is an interfaith minister. What is that? Why is it necessary in the U.S. today?
3. What does Talia mean when she says that there is a gap in the hospice care?
4. What do people need in order to let go of their body, according to Talia?
5. What does Talia say is the reason she had to dwell on the questions around death at an early age?
6. What is the source of every human being, according to Talia?
7. Why does Talia claim that it is important to be connected to the non-physical part of yourself to be able to let go of your fear of death?
8. Why couldn't Linda talk to her grandmother when she had passed away? How did she feel about her grandmothers body?
Why do you think Linda felt that her grandmother's passing was both and beautiful?

Discuss

What do you believe happens when we die? To you, is it important to have a belief about death? Talia says that the present moment is all that is true. What do you think she means by that statement? Do you agree? If that is true, how shall we understand our memories?



Key

1. A person who gives support to a person dying.
2. Someone who can marry people from different religious backgrounds. In the US today a lot of people with no or different religious backgrounds want meaningful ceremonies
3. Staff at hospices mainly takes care of your physical state.
4. Inner peace
5. She has experienced a lot of death since a young age.
6. Energy
7. That is the part of you that lives forever.
8. She had a strong feeling that her grandmother wasn't there anymore.
9. All her anxiety disappeared.